

1 **EXERCISE MACHINE FOR EXERCISING UPPER BODY PORTIONS**

2 **ABSTRACT OF THE DISCLOSURE**

3 An exercise machine has seat and back rest portions
4 which are hinged to each other and independently pivotally
5 supported on a support frame. The seat and the back rest portions
6 are initially in a horizontal position to enable the user to
7 exercise in a lying down position. The seat has an adjuster by
8 means of which it can be angularly lowered to any one of a
9 number of positions with the rear portion lowered more than the
10 front portion. The front portion of the back rest which is hinged
11 to the rear of the seat is lowered along with the seat to bring
12 the back rest to the selected upwardly angulated position. A
13 pair of lever arms are connected together at their inner ends and
14 extend angularly outwardly from each other. Weights are connected
15 to the inner ends and handles are connected to the outer ends for
16 grasping by the user. Height adjusters are provided on the
17 handles and arms to enable adjustment for persons of different
18 sizes.
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